

## *This training is designed for you if you...*

- ⇒ Are adventuresome, sociable, calm, flexible, and tolerant of ambiguity.
- ⇒ Have empathy, genuineness, positive regard for others, and listening skills.
- ⇒ Are interested in assisting to help others in a disaster situation and making a meaningful difference in their lives.
- ⇒ If you are an adjuster or emergency responder being assigned to provide client services at the disaster scene.

## *Psychological First Aid Training: A Brief Overview*

This training program is an adaptation of “Community-Based Psychological Support” developed by the International Red Cross. This program will give adjusters and emergency responders the skills to provide needed support to others. The course is only 8 hours long and is designed to fit into the busy schedule of working professionals. This training introduces critical skills in 7 areas, and equips individuals to make a lasting impact.

## *The Seven Areas of Training Focus:*

- ♦ **Psychological Support**
- ♦ **Stress and coping**
- ♦ **Supportive communication**
- ♦ **Promoting community self-help**
- ♦ **Populations with special needs**
- ♦ **Helping the helper**
- ♦ **De-escalation**

## *General Information:*

- ♦ A certificate will be issued for eight contact hours.
- ♦ Trainers: Denise Bulling, M.A., and Robin Zagurski, L.C.S.W

### **Direct questions to:**

Holly Blanchard (Market Conduct)  
Nebraska Department of Insurance  
Terminal Building  
941 O St., Suite 400  
Lincoln, NE 68508-3639  
(402) 471-2201  
Holly.Blanchard@doi.state.ne.us

## *Training Location:*

Havelock Social Hall  
4538 N 62  
Lincoln, NE 68507  
(402) 467-3002

**Registration is available  
by:**

**Mail:** (send this section  
of brochure to return  
address on back.)

**Phone:**

**Internet:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Profession: \_\_\_\_\_

**Disaster Response Training  
Seminar: Psychological  
First Aid  
Wednesday March 15, 2006**

**Hosted by:  
Nebraska Department of  
Insurance**

**In Cooperation with:  
Nebraska Emergency  
Management Agency (NEMA)  
&  
University of Nebraska Public  
Policy Center**



*Disaster  
Response  
Training  
Seminar:  
Psychological  
First Aid*